

29	30	31	Sep 1	2	3
Breakfast - Sausage Egg McMuffin or Cereal with Graham Crackers, Orange Juice, Fruit & Milk	Breakfast - Breakfast Bites or Cereal with Graham Crackers, Orange Juice, Fruit, & Milk	Breakfast - Scrambled Eggs or Cereal with Graham Crackers, Whole Wheat Toast, Fruit, Orange Juice, & Milk	Breakfast - Honey Bun or Cereal with Graham Crackers, Fruit, Orange Juice, & Milk	Breakfast - Biscuit & Gravy or Cereal with Graham Crackers, Orange Juice, Fruit, & Milk	
Lunch - Meatball Sub, Sweet Potato Fries, Baked Beans, Fruit & Milk- Alternative entree choice at JEMS & PHS will be Hot Dog	Lunch - Chicken Alfredo, Garlic Breadstick, Tossed Salad, Carrot Sticks, Fruit & Milk- Alternative entree choice at JEMS & PHS will be Burrito W/Cheese	Lunch - Mini Corn Dog, French Fries, Seasoned Green Beans, Fruit & Milk- Alternative entree choice at JEMS & PHS will be Hamburger	Lunch - Salisbury Steak, Mashed Potatoes & Brown Gravy, California Blend, Whole Wheat Roll, Fruit, & Milk- Alternative entree choice at JEMS & PHS will be Chicken Sandwich	Lunch - Sausage Roll, String Cheese, Sun Chips, Cucumbers & Tomatoes, Ranch Dressing, Fruit, & Milk - Alternative entree choice at JEMS & PHS will be Cheeseburger - JEMS & PHS will be Cheeseburger	
4	5	6	7	8	9 10
NO SCHOOL - LABOR DAY	Breakfast - Bagel or Cereal with Graham Crackers, Cream Cheese, Jelly, Fruit, Orange Juice & Milk	Breakfast - Pancakes & Syrup or Cereal with Graham Crackers, Fruit, Orange Juice, & Milk	Breakfast - Blueberry Muffin, Yogurt or Cereal with Graham Crackers, Yogurt, Fruit, Orange Juice, & Milk	Breakfast - Biscuit & Gravy or Cereal with Graham Crackers, Orange Juice, Fruit, & Milk	
	Lunch - Southwest Chicken Tacos, Salas, Refried Beans w/Cheese, Corn, Fruit, Whole Wheat Applesauce, Cake, & Milk - Alternative entree choice at JEMS & PHS will be Chicken Quesadilla - JEMS & PHS will be Chicken Quesadilla	Lunch - Poppin' Shrimp Poppers, Mac & Cheese, Spinach Salad, Fruit & Milk - Alternative entree choice at JEMS & PHS will be Chicken Tender - JEMS & PHS will be Chicken Tender	Lunch - Chicken Fingers, Mashed Potatoes & Brown Gravy, Seasoned Green Beans, Whole Wheat Roll, Fruit & Milk- Alternative entree choice at JEMS & PHS will be Hot Dog - JEMS & PHS will be Hot Dog	Lunch - Deli Sandwich, Sun Chips, Baby Carrots, Ranch Dressing, Fruit, & Milk - Alternative entree choice at JEMS & PHS will be Whole Grain Cheese Pizza - JEMS & PHS will be Whole Grain Cheese Pizza	

11	12	13	14	15	16 17
Breakfast - Blueberry Breakfast Stick or Cereal with Graham Crackers, Fruit, Orange Juice, & Milk	Breakfast - Chicken Biscuit or Cereal with Graham Crackers, Fruit, Orange Juice, & Milk	Breakfast - Breakfast Wrap or Cereal with Graham Crackers, Hashbrowns, Orange Juice, Fruit, & Milk	Breakfast - French Toast Sticks or Cereal with Graham Crackers, Orange Juice, Fruit, & Milk	Breakfast - Biscuit & Gravy or Cereal with Graham Crackers, Orange Juice, Fruit, & Milk	
Lunch - Chicken Sandwich, Ranch Dressing, Seasoned Potato Wedge, Crunchy Carrot Sticks, Mandarin Oranges, & Milk- Alternative entree choice at JEMS & PHS will be Cheeseburger - JEMS & PHS will be Cheeseburger	Lunch - Taco Salad, Corn, Salsa, Pineapple, Whole Wheat Applesauce Cake, & Milk- Alternative entree choice at JEMS & PHS will be Mini Corn Dogs - JEMS & PHS will be Mini Corn Dogs	Lunch - BBQ Rib, Mac & Cheese, Seasoned Green Beans, Strawberries, & Milk- Alternative entree choice at JEMS & PHS will be Chicken Sandwich - JEMS & PHS will be Chicken Sandwich	Lunch - Chicken Fried Steak, Mashed Potatoes & Brown Gravy, Seasoned Carrots, Whole Wheat Roll, Peaches & Milk - Alternative entree choice at JEMS & PHS will be Deli Flatbread - JEMS & PHS will be Deli Flatbread	Lunch - Hot Dog, Baked Beans, Broccoli, Fresh Fruit, Chocolate Chip Cookies, & Milk- Alternative entree choice at JEMS & PHS will be Pizza Sticks - JEMS & PHS will be Pizza Sticks	
18	19	20	21	22	23 24
Breakfast - Sausage Egg McMuffin or Cereal with Graham Crackers, Orange Juice, Fruit & Milk	Breakfast - Breakfast Bites or Cereal with Graham Crackers, Orange Juice, Fruit, & Milk	Breakfast - Scrambled Eggs or Cereal with Graham Crackers, Whole Wheat Toast, Fruit, Orange Juice, & Milk	Breakfast - Honey Bun or Cereal with Graham Crackers, Fruit, Orange Juice, & Milk	Breakfast - Biscuit & Gravy or Cereal with Graham Crackers, Orange Juice, Fruit, & Milk	
Lunch - Hawaiian Chicken Wrap, Seasoned Potato Wedge, Cucumbers & Tomatoes, Fresh Fruit, & Milk- Alternative entree choice at JEMS & PHS will be BBQ Rib - JEMS & PHS will be BBQ Rib			Lunch - Chicken Tender, Mashed Potatoes, Brown Gravy, Seasoned Green Beans, Whole Wheat Bread, Fruit, & Milk- Alternative entree choice at JEMS & PHS will be Hot Dog	Lunch - Pizza Sticks, Marinara Sauce, Broccoli & Carrots, Fruit, Chocolate Cake, & Milk- Alternative entree choice at JEMS & PHS will be Pizza	

25	26	27	28	29	30	Oct 1
Breakfast - Breakfast Pizza or Cereal with Graham Crackers, Orange Juice, Fruit, & Milk	Breakfast - Bagel or Cereal with Graham Crackers, Cream Cheese, Jelly, Fruit, Orange Juice & Milk	Breakfast - Pancakes & Syrup or Cereal with Graham Crackers, Fruit, Orange Juice, & Milk	Breakfast - Blueberry Muffin, Yogurt or Cereal with Graham Crackers, Yogurt, Fruit, Orange Juice, & Milk	Breakfast - Biscuit & Gravy or Cereal with Graham Crackers, Orange Juice, Fruit, & Milk		
Lunch - Pulled Pork Sliders, French Fries, Cole Slaw, Fruit & Milk- Alternative entree choice at JEMS & PHS will be Cheeseburger	Lunch - Beef Ravioli, Garlic Breadstick, Spinach Salad, Broccoli, Fruit, Cowboy Cookie, & Milk- Alternative entree choice at JEMS & PHS will be Cheese Quesadilla	Lunch - Nachos w/Ground Beef, Lettuce, Tomatoes, Corn, Fruit, & Milk- Alternative entree choice at JEMS & PHS will be Deli Flatbread	Lunch - Chicken Nuggets, Mashed Potatoes & Brown Gravy, Seasoned Green Beans, Whole Wheat Roll, Fruit & Milk- Alternative entree choice at JEMS & PHS will be Mini Corn Dogs		Lunch - Stromboli	